

SWIM CLINIC



WEEK 1

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SWIM CLINIC #1 KEY-NOTES

WARM UP: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FECFNNMYIAA](https://www.youtube.com/watch?v=FECFNNMYIAA)

HEAD POSITION:

- IS YOUR HEAD POSITION OPTIMAL?
- [HTTP://WWW.TRINIRVANA.SPACE/VIDEO/TOTAL-IMMERSION-TECHNIQUE-1-LASER-BEAM/](http://www.trinirvana.space/video/total-immersion-technique-1-laser-beam/)

ALIGNMENT:

- RIGHT SIDE OF THE BODY STAYS ON THE RIGHT SIDE.
- LEFT SIDE OF THE BODY STAYS ON THE LEFT SIDE.
- ARE YOU CROSSING OVER?
- [HTTP://WWW.TRINIRVANA.SPACE/VIDEO/TOTAL-IMMERSION-TECHNIQUE-1-LASER-BEAM/](http://www.trinirvana.space/video/total-immersion-technique-1-laser-beam/)

TAUT BODY:

- ARE YOU NOODLING? - YOUR BODY DOES NOT FLAIL BEHIND YOUR BODY LIKE A NOODLE
- PULL BUOY & ANKLE STRAP
- DEEP WATER VERTICAL KICKING

PROPULSIVE PULL:

- ALL WE WANT IS A BIG STRONG CATCH AND PUSH IT BACK BEHIND YOU.
- GRIP IT & RIP IT
- CONTINUOUS MOTION
- POWERFUL MOVEMENT

BREATHING

- YOUR HEAD FOLLOWS THE ROTATION OF YOUR BODY
- WORK ON FLEXIBILITY & TIMING TO MAKE YOUR BREATHING FEEL EFFORTLESS.
- SHOULDERS, ANKLES, HIPS, BACK

STROKE RATE

- THE GUYS AT THE FRONT HAVE A FASTER STROKE RATE.
- THERE IS NO GLIDE PHASE

STRENGTH, CONDITIONING, RANGE OF MOTION.

- YOU NEED A STRONGER, FLEXIBLE & TAUT MACHINE.
- GO TO: [HTTPS://VIMEO.COM/197501895](https://vimeo.com/197501895) (PASSWORD: CATCHTHESUN)

OTHER TRI NIRVANA GOODIES!

TRI NIRVANA SWIM CLINIC #1 VDO:

[HTTP://WWW.TRINIRVANA.SPACE/VIDEO/TRIATHLON-SWIM-CLINIC-1-FOUNDATIONS/](http://www.trinirvana.space/video/triathlon-swim-clinic-1-foundations/)

CORE FLEXIBILITY NATURAL MOVEMENT ROUTINE BY COACH SAM:

[HTTPS://VIMEO.COM/159451259](https://vimeo.com/159451259)

WELCOME TO TRI NIRVANA:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=4HFMKMB8BDM](https://www.youtube.com/watch?v=4HFMKMB8BDM)

TRI NIRVANA TRAINING CAMPS IN SICHON:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QZQWTGZB858&T=1S](https://www.youtube.com/watch?v=QZQWTGZB858&T=1S)

[HTTPS://VIMEO.COM/190684951](https://vimeo.com/190684951)

SCULL BY COACH SMART:

[HTTPS://VIMEO.COM/174192920](https://vimeo.com/174192920)

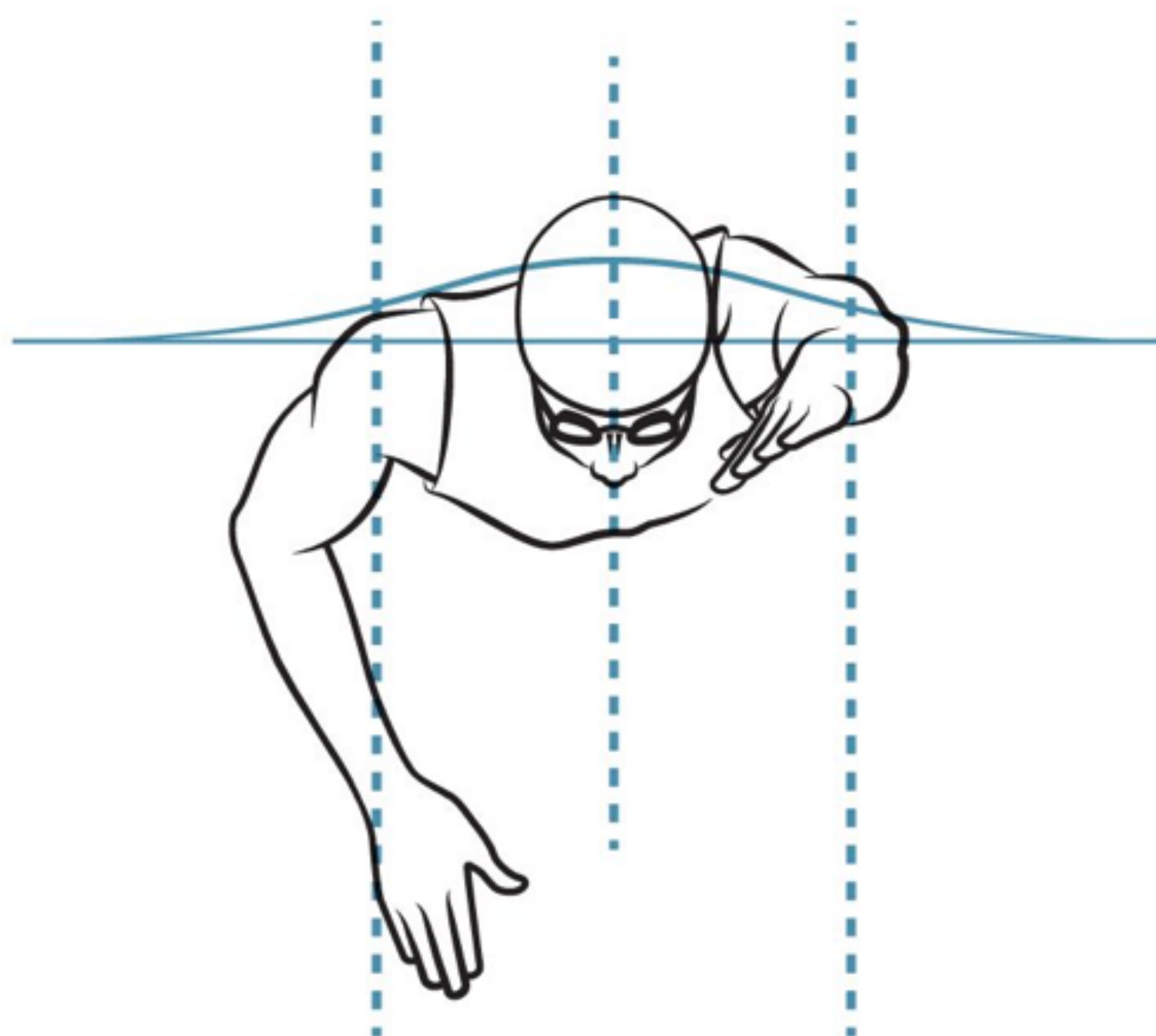
PROTIP WITH GB MASTERS OPEN WATER CHAMPION 2017 PIP BENNETT:

[HTTPS://VIMEO.COM/168591284](https://vimeo.com/168591284)

PROPER SWIMMING TECHNIQUE

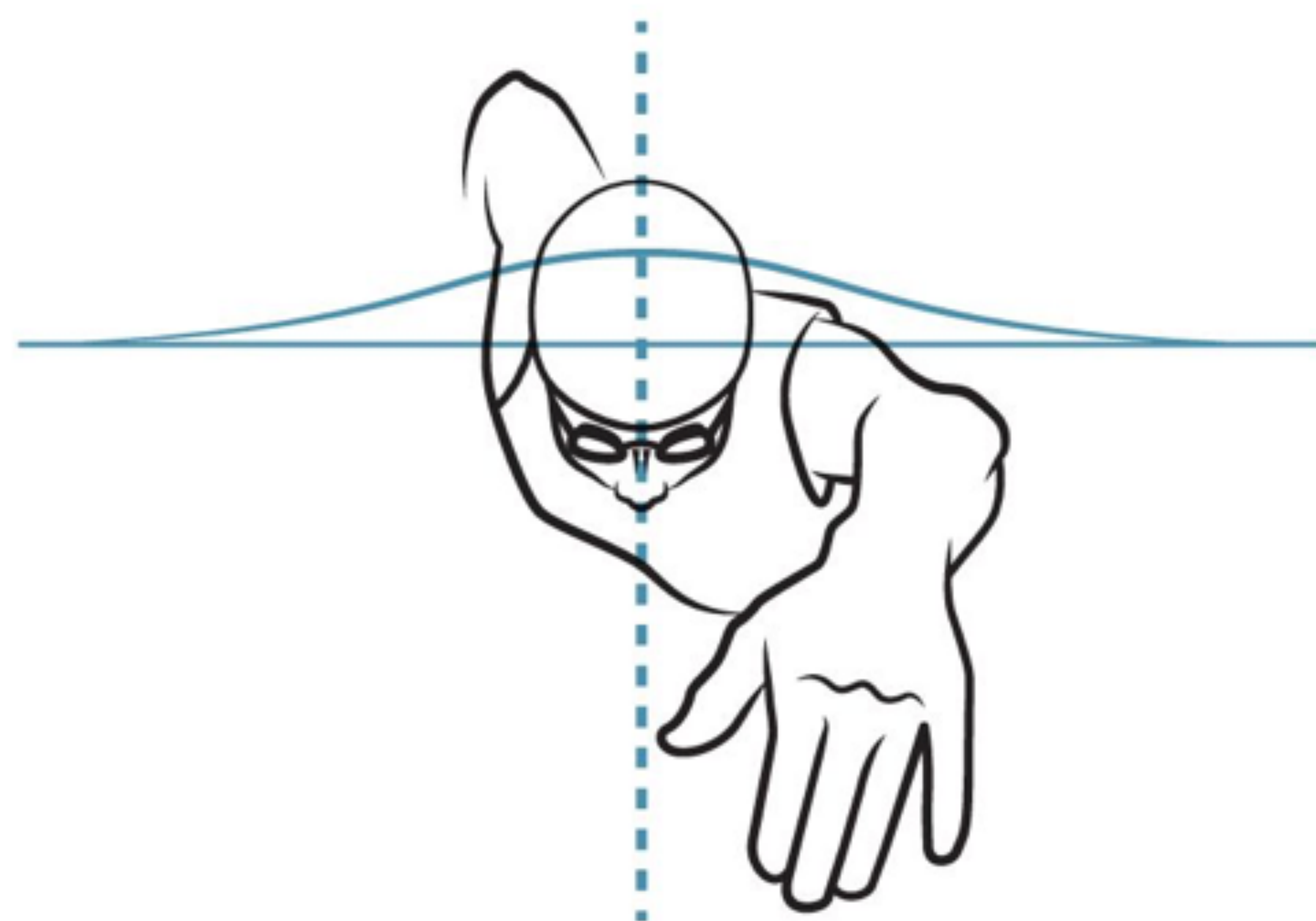
ENTRY

Let the hand drop into the water (avoid mechanically placing it), not at full arm extension but far from the head. The hand should fall between your center line and the outside line of your shoulder without any forceful action. All active effort occurs once the hand is in the water, so the entry is passive and relaxed.



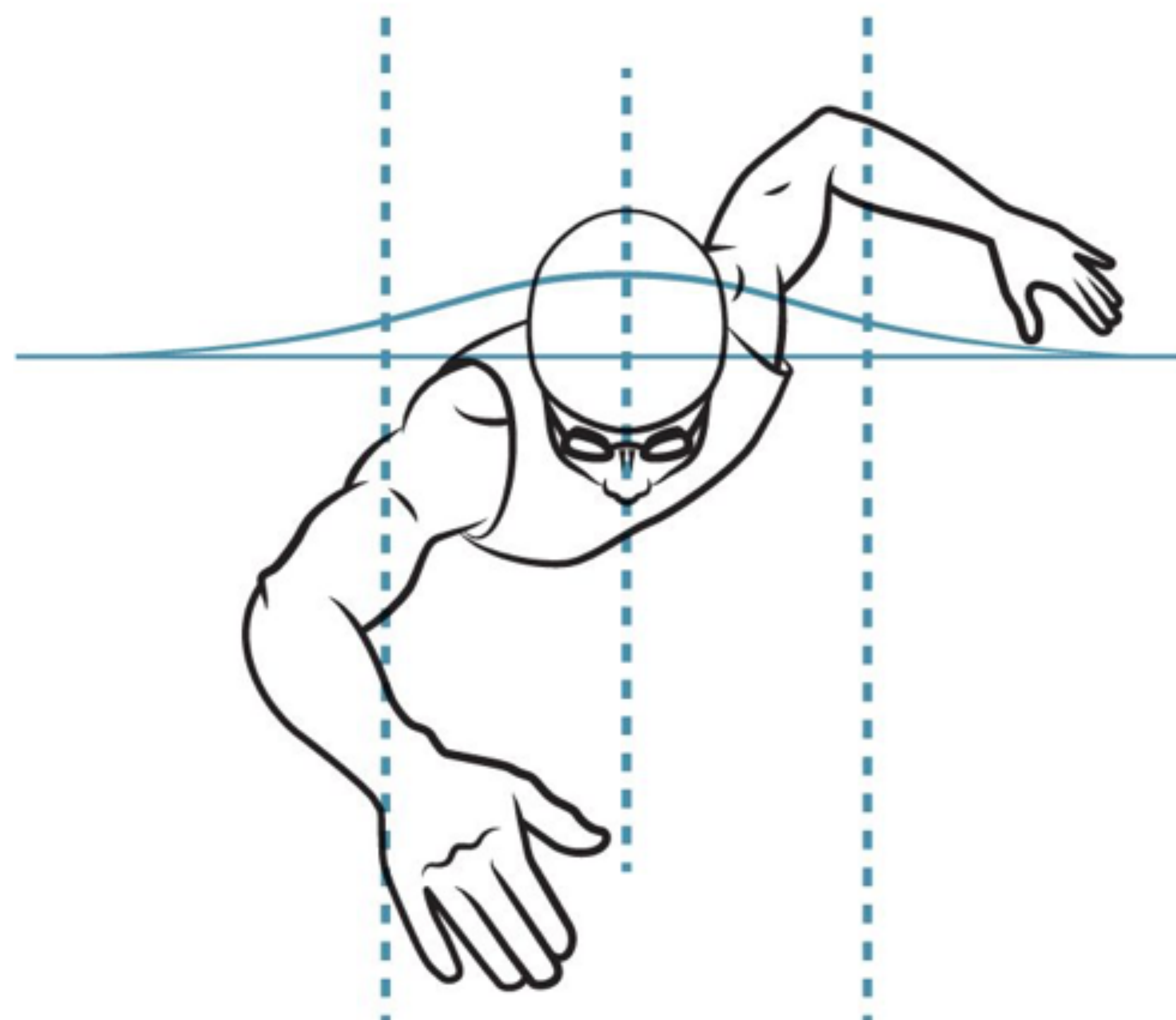
PROPULSIVE PULL

There is no glide in swimming. Once the hand enters, the goal is to “collect” water while achieving a biomechanical position that maximizes the opportunity to push water back, creating propulsion. The pull itself begins with this catch—a smooth motion accelerating to a violent drive of water behind the body. All the while, the hand and arm maintain good purchase on the water, staying inside that same channel from center line to the outside of the shoulder.



RECOVERY

Finish the pull phase by accelerating water past the hip, then move to the passive, relaxed recovery phase, where the hand transitions from pull exit back to entry. Traditional swimmers will focus on a high elbow and relaxed shoulder-shrug recovery, but this is less important in open-water swimming or for the typical triathlete. Just stay relaxed and leave the active work for when the hand is in the water.



ONLINE COACHING

- TRAINING PEAKS APP SET UP FOR COMMUNICATION & FEEDBACK
- ATHLETE ASSESSMENT & PLAN DESIGN
- ONLINE CONSULTATION WITH ELITE PROS
- FEEDBACK & ANALYSIS OF CURRENT FITNESS, FATIGUE & FORM
- DESIGNED FOR YOUR NEXT RACE & BEYOND
- FULLY ADAPTIVE & PERSONALIZED TRAINING PLAN THAT CHANGES WITH YOU!

Like us? Choose a training package!

any package you'll choose will be AWESOME!

BASIC MONTHLY

₱

7k

1 Month

1x Private Session

Video Analysis

Continuous feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

BASIC QUARTERLY

₱

15k

3 months

1x Private Session

Video Analysis

Continuous feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

6 MONTH + ELITE ZONE

₱

30k

6 Months + ELITE ZONE ACCESS

ELITE ZONE ACCESS

3x Private Sessions

Video Analysis

Continuous EXPERT Feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

12 MONTH + ELITE ZONE

₱

50k

12 Months + ELITE ZONE ACCESS

ELITE ZONE ACCESS

6x Private Sessions

Video Analysis

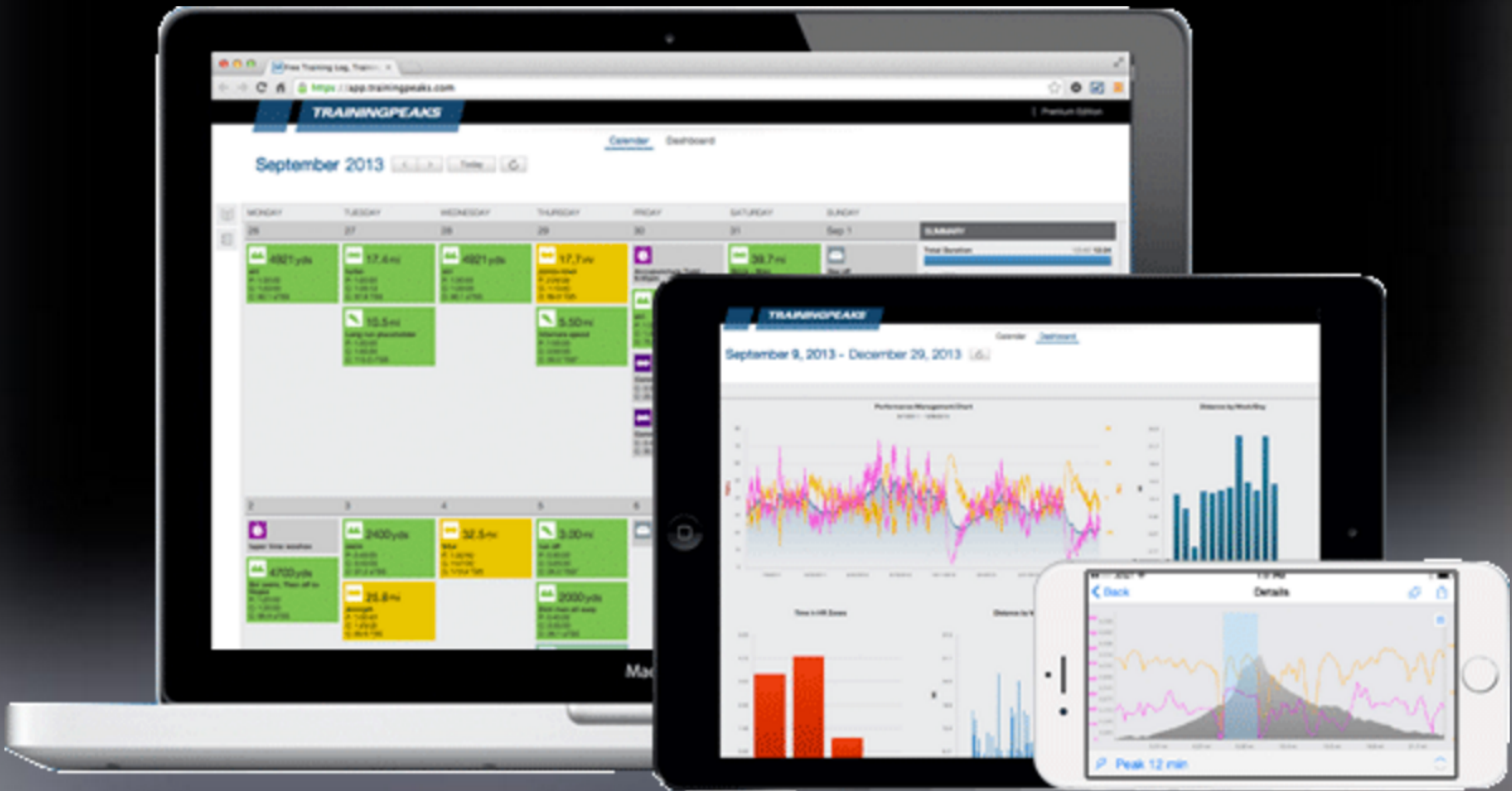
Continuous EXPERT Feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

Put Sam & Smart in your pocket & LEVEL UP!

SPRINT, DUATHLON, SWIM, BIKE & RUN focus plans available!



MOTIVATION



TECHNIQUE



ENDURANCE



RACE STRATEGY

TRI NIRVANA ST - COACHING

PRIVATE COACHING

฿15,000 / 10 CREDITS

PLEASE NOTE THAT WEEKEND SESSIONS ARE LONGER IN DURATION

1-T0-1

฿1,500 / 1-T0-1 PRIVATE SESSION (WEEKDAY)

฿2,000 / 2 PEOPLE GROUP SESSION (WEEKDAY)

฿2,500 / 3 PEOPLE GROUP SESSION (WEEKDAY)

฿2,000 / 1-T0-1 PRIVATE SESSION (WEEKEND)

฿2,500 / 2 PEOPLE GROUP SESSION (WEEKEND)

฿3,000 / 3 PEOPLE GROUP SESSION (WEEKEND)

TRI-NIRVANA'S ELITE & EXPERIENCED TRIATHLETE COACHING TEAM (SMART & SAM) ARE SPECIALISTS ON THE FOLLOWING CORE ELEMENTS:

- MOTIVATION & DRIVE (แรงผลักดัน)
- BEHAVIOURAL CHANGE (เปลี่ยนแปลงพฤติกรรม)
- CORE STRENGTH & CONDITIONING (เพิ่มความแข็งแรงของลำตัว และความพร้อมของร่างกาย)
- FLEXIBILITY (ความยืดหยุ่น)
- FOCUS TECHNIQUE (SWIM/BIKE/RUN)
- FOCUS ENDURANCE (SWIM/BIKE/RUN)
- NUTRITION (โภชนาการ)
- TRIATHLON EQUIPMENT ADVICE (ปรึกษาและให้คำแนะนำด้านอุปกรณ์)
- RACE STRATEGY (กลยุทธ์ทางการแข่งขันขั้นสูง)



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SWIM SMART

WEEK 1 - Balance

MON	DRY LAND: TOTAL BODY TRAINING 60MINS SEE WWW.TRINIRVANA.SPACE FOR DRILLS	★	CHILL OUT!
TUES	TRACK RUN: WU: 3MINS WALK FAST, 7MINS JOG, 10MINS BASIC DRILLS (25M.DRILLS, REST60SEC) SEE TRINIRVANA.SPACE , 10X(25M HANUMANSTRIDES SEE TRINIRVANA.SPACE , REST60SEC), 1KM TIMETRIAL MAIN: CHOICE A: 15X400M RACE PACE, REST60SEC, CHOICE B: 8X(800M RACE PACE, REST60SEC), CD : 5MINS JOG, 5MINS WALK FAST	★	SWIM: WU: 200M YOUR CHOICE EASY, 200M AS 2X(25M SCULL SEE TRINIRVANA.SPACE , 75M EASY, REST15SEC), 200M AS 4X(25M FAST, 25M EASY, REST30SEC), 200M TIMETRIAL. MAIN: 3X(300M ZONE 2-3, REST15SEC), 4X(200M ZONE 3, REST20SEC), 5X(100M ZONE 3-4, REST30SEC), 6X(50M ZONE 4, REST60SEC), CD: 200M YOUR CHOICE EASY
WED	SWIM; WU: 200M YOUR CHOICE EASY, 200M AS 4X(25M DRILLS, 25M EASY, REST15SEC), 200M AS 2X(50M FAST, 50M SMOOTH, REST30SEC), 200M: BUILD INTO MAIN SET, MAIN: 5X(100M ZONE 3-4, REST20SEC), 4X(50M EASY, REST10SEC), 6X(50M ZONE 4, REST10SEC), 4X(50M EASY, REST20SEC), CD: 400M YOUR CHOICE EASY	★	RUN: WU: 5MINS WALK FAST, 5MINS JOG, 10MINS BASIC DRILLS: (25M DRILLS, REST60SEC), 2KM: BUILD INTO MAIN SET, MAIN: 60MINS ZONE 2-3 STEADY PACE, 2: 5MINS WALK FAST
THUR	BIKE: WU: 10MINS EASY SPIN AT HIGH CADENCE, 10MINS BUILDUP TO MEDIUM EFFORT, 5MINS AS (20SEC SPRINT, 20 VERY EASY), 15 BIGGEST GEAR (MEDIUM TO HARD EFFORT), MAIN: 2X5KM TIMETRIAL , REST1KM, EASY, 4X2KM, TIMETRIAL , REST1KM EASY, 6X1KM SMASH AS (1HARD, 1EASY), CD: 4KM EASY RUN OFF BIKE	★	SWIM; WU: 400M YOUR CHOICE EASY, 200M AS 4X(25M DRILLS, EASY, REST15SEC), 200M AS 2X(50M FAST, 50M SMOOTH, REST30SEC), 200M BUILD INTO MAIN SET, MAIN: CHOICE A: 3X(500M MEDIUM, REST30-60SEC), CHOICE B: 3X(800M MEDIUM, REST30-60SEC) CD: 4X(25M EASY, 200M YOUR CHOICE
FRI	SWIM: WU: 400M YOUR CHOICE EASY, 200M AS 4X(25M DRILLS, 25M EASY, REST20SEC), 200M AS 4X(25M FAST, 25M EASY, REST30SEC), 200M BUILD INTO MAIN SET, MAIN: 4X(50M BELOW RACE PACE, REST60SEC), 100M EASY, REST2MINS, 6X(25M RACE PACE, REST5SEC), 200M EASY, REST3MINS, 50M BLAST! CD: 200M EASY	★	RUN LSD: 12-16KM RUN EASY-MEDIUM & STEADY PACE
SAT	BIKE: WU: 20MINS BUILDUP W HIGH CADENCE, 5MINS (20SEC SPRINT, 20SEC EASY), 15MINS BIGGEST GEAR EASY EFFORT, MAIN: 4KM HARD & RACE CADENCE, 2KM EASY & BIG GEAR, 20KM, MEDIUM & AERO POSITION, CD: 5-10MINS OF HIGH CADENCE SPIN OR RUN OFF THE BIKE	★	SWIM WU: 400M YOUR CHOICE OF MIXED STROKE, 300M AS 2X(50M KICK WITH BOARD, 150M EASY, MAIN: PADDLE SET: 10X(100M MEDIUM WITH PADDLES (PULLBUOY OPTIONAL), REST10SEC, 5X(50M MEDIUM WITHOUT PADDLES), CD: 8X25M YOUR CHOICES
SUN	LONG BIKE: 3HRS	★	CHILL OUT!
			CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE

ULTIMATE TAPER WEEK V1.0

MAINTAIN **HI-CARB** (60-70%) NUTRITION FOR WHOLE WEEK

MON	SWIM: WU: 200M CHOICE OF STROKE, EASY / PRE MS: 200M BASIC AS: (25M DRILLS/25M SMOOTH SWIM), REST30-45SEC / PRE MS2: 100M PURE SPEED AS 4X25M ALL OUT! , REST45-60SEC / PRE MS3: 200M BUILD TO MAINSET AS 4X50M NEGATIVE SPLITS, NON STOP, REST 3MINS TO MAINSET / MAIN: 1200M BROKEN DOWN INTO 2 SETS AS: (200M@SIMULATION SWIM START + 2X100M@5SEC SLOWER PACE + 4X50M@MAINTAIN BEST AVERAGE PACE), REST20-30SEC EACH, REST 2 MINUTES BETWEEN SETS / CD: 100-200MCHOICES	★	RUN: 20-30MINS@SUPER EASY (RECOVERY)
TUES	BIKE + RUN OFF: WU: 30-45MIN RIDE@RACE CADENCE (75-85RPM) EFFORT 5-6 (50-60%FTP) / SIMULATION TRANSITION2 / RUN OFF THE BIKE: 15MINS AS: (5MINS@+ 10SEC SLOWERPACE + 5MINS@BUILD TO RACE PACE AND HOLD + 5MIN@ COOL DOWN)	★	CHILL ZONE
WED	BIKE: RACE SPEC: WU: 10MIN EASY, 5MIN OF BUILD UP CADENCE / PRE MS: 6X(20SEC@OFF SADDLE SPRINT + 20SEC@EASY SPIN) / PRE MS2: 3MINS@BIGGEST GEAR, EASY-MEDIUM EFFORT) / MAIN: 5X(2KM@RACE EFFORT (100%FTP@RACE CADENCE + 2KM@EASY RECOVERY) / CD: 10MINS	★	SWIM: 16-20X50M@SUPER EASY,REST 15-20SEC
THUR	SWIM: WU: 400M YOUR CHOICE / MAIN: 10X100M@+ 10SEC SLOWER THAN RACE PACE , REST5- 10SEC / TRANSITION TO RUN / RUN 10MIN@EASY-MEDIUM EFFORT (AIM FOR SIMULATION T1 FOCUS TO CONTROL HR AND KEEP THE POWER TO SMASH BIKE & RUN) / CD: 5MINS CHOICES (PREFER BONUS 500M EASY SWIM)	★	CHILL ZONE
FRI	SWIM: 12-14X100M AS (2X@ WARM UP + 8- 10X@MEDIUM +2X@ BLAST! +2X@ COOL DOWN), REST10-20SEC	★	CHILL ZONE
SAT	SUPER CHILL ZONE		
SUN	RACE!	★	CHILL OUT!

YOUR GUIDE			
WEEK 1			
MON	EASY GUIDE FOR YOUR PLAN		
TUES	SWIM	★	SWIM SESSIONS
WED	BIKE	★	BIKE SESSIONS
THURS	RUN	★	RUN SESSIONS
FRI	WU	★	WARM UP
SAT	CD	★	COOL DOWN
SUN	If you need any advice or have any questions about your training plan just add us on Facebook: Chotibund , Smart Slanon CH We're here to help you get to your goal FASTER FASTER FASTER!		
WEEK 2			
MON	HANUMANSTRIDES	★	CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE
TUES	BLAST	★	FAST & HARD
WED	RUN: CORE UPGRADE + FOOT STRENGTH ROUTINES 30MINS (SEE WWW.TRINIRVANA.SPACE)	★	CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE
THURS	FLEXIBILITY SESSION	★	WWW.TRINIRVANA.SPACE
FRI	CHILL OUT!	★	CHILL OUT... YOU'VE EARNED IT!
SAT	TRI: CORE & FLEX + SWIM: FLEX & STRETCH 30MINS	★	CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE
SUN	If you need any advice or have any questions about your training plan just add us on Facebook: Chotibund , Smart Slanon CH We're here to help you get to your goal FASTER FASTER FASTER!		
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***Congratulations!
What will you LEVEL UP next?***

**CALL 093-578-8505
FOR MORE INFO!**

“You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash. Become like water my friend.”

BRUCE LEE

***Follow
@samtrinirvana
@smartychan
@tri_nirvana
4 inspiration***

THANK YOU .. Time to LEVEL UP!



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